Get started

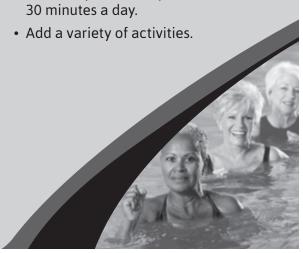
Begin by:

- Making small changes
- Making it fun
- · Exercising with a friend
- Keeping an activity journal.

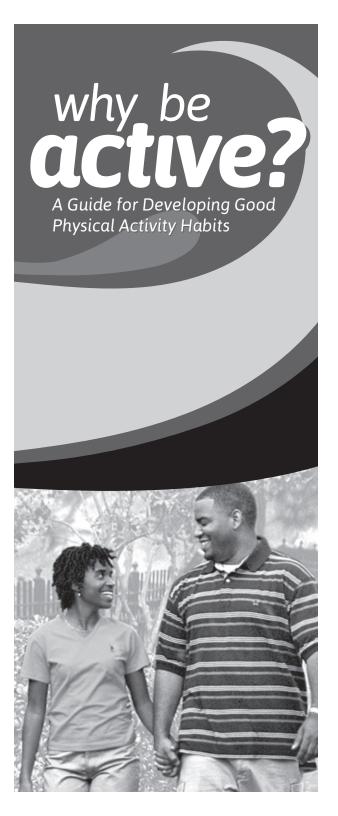
Keep moving

Remember to:

- Reward yourself.
- Set new goals.
- Increase your activity to at least 30 minutes a day.







Why be active?

To Have a Healthier Heart:

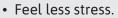
- Lower blood pressure.
- Lower risk of heart attack.
- Strengthen heart and lungs.

To Have a Healthier Physical Self:

- · Keep a healthy weight.
- · Have more energy.
- Keep bones and muscles stronger longer.

To Have a Healthier Attitude:

- Feel better.
- Get better sleep.





Are you active?

Do You Spend Too Much Time:

- Watching TV?
- · Working at a desk?
- · Riding in a car?
- Taking the elevator?
- Playing with your computer or smartphone?



Ways to be active

Here's How:

- · Check with a doctor before starting.
- Set goals.
- Set aside time to be active.

Make it a Part of Your Life.

- · Use work breaks to move around.
- Take the stairs.
- Take a family walk.
- Park farther away from the front door.
- Take the dog for a walk.

For More Info:

- S.C. DHEC Division of Nutrition, Physical Activity and Obesity
 www.scdhec.gov/obesity
- Eat Smart Move More SC www.EatSmartMoveMoreSC.org
- SC Department of Parks, Recreation, and Tourism
 www.scprt.com
- SC State Parks www.southcarolinaparks.com
- YMCA www.ymca.net
- Let's Move www.letsmove.gov